

Primary PE and School Sport Update

Term 1

Word Cup Rugby Mega fest

To coincide with the 2015 Rugby World Cup, we teamed up with Witby Rugby club in a collaboration to deliver an exciting 'Mega fest'. The afternoon was based around the RFU junior rugby initiative which aims to encourage participation at grass roots level. For many of our children they have very little experience of rugby so with the buzz of World Cup Rugby being embraced schools arrived enthused to play. A wide range of activities were delivered by Key stage 4 and sixth form leaders with rugby specialisms. Of the back of this we hope to encourage lifelong participation as the uptake at club level has seen an increase nationally in the months following the world cup.



Multi-skills Event

The October Ks 1 multi skills event saw 200 plus KS1 children participating at Caedmon College over the two day event. For the Yr 9 sports leaders this is always the first event of the year and proved to be a tough learning curve for many. The skills developed through the two days formed a firm bases for



future events. Leaders designed the games themselves to meet demands of young children which they found interesting. It is a great experience for the children to experience a trip out whilst developing their fundamental motor skills.



Football Tournament

As ever the Whitby Primary Schools Year 5/6 Football proved to be an exciting afternoon for all. Eighteen schools were represented in 7-a-side tournament for girls and boys held at Eskdale School, which showcased the areas talents.

Boys Football Tournament

For the boys an early study of the forecast proved to be incorrect as the heavens opened at the start of the 2015 Tournament to mark the start of one of the wettest winters on record. This did not dampen the spirits of the children who fought on to make the event happen. All fixtures were competed to the standard we have come to expect, helped by the strong parental support. The following schools went on to represent Whitby at the SSP, East Whitby, Stakesby and Lythe.

Girl's Football Tournament

Fortunately for the girls the weather was dry which made for an interesting afternoon for the nine schools competing. Most schools had a number of stars who are clearly involved in club football. It is great to see the rising involvement in football through the local league system which promotes skills in our players.



Thank you to all members of the Whitby Primary School Sport Association for their enthusiasm during the past term. As a group we have delivered a range of activities providing our students with opportunities in a range of both competitive and non-competitive sports. The hard work of primary staff has ensured events have been well supported, as we strive to deliver an outstanding primary provision for our area.



Congratulations to West Cliff, Airy Hill, Ruswarp and Egton who all progressed to the SSP final held at Eskdale.

Tag Rugby

In the year of the World Cup children have embraced the values of rugby and levels of interest in the sport has risen. The entries for Whitby's Tag Rugby event followed the trend with 14 school battling it out at Whitby Rugby Club in October. Following on from the 'Mega fest' skills were much improved on previous years with teams applying tactics to overcome the opposition. Fierce competition was challenged with speedy runs and slick passing routines, all in the name of scoring Try's. With the support of Pete Stentiford and the CCW leaders fixtures were concluded with Stakesby coming away winners followed by Lythe and West Cliff.



Octoberfest Returns

Following contact from Whitby Rotary President Mike Stones it was decided that we needed to restore the once popular Octoberfest run. With backing from the Rotary this was made possible, we hope to continue with the local tradition for the future. Thanks to Mike and his team.

Cross country @ CCW

Liaised with Jim Lidgley to map the course and sports leaders as hares and marshal's.

Number of runners was high in all age groups with top finishers progressing to SSP final.

Sports Hall Athletics

This event for year's 5/6 was held at Whitby Leisure centre over two days, twelve schools took up the opportunity of taking part in the level 1 competition. The noise inside was fantastic as children supported their team mates in a range of running, throwing and jumping events to accumulate points.



In the small schools competition Fylingdales took GOLD, Danby and Sleights shared SILVER. Stakesby GOLD, East Whitby SILVER, and Airy Hill BRONZE in the large schools event.



Go Run for Fun

All 150 primary participants from our four selected schools were provided with GoRunForFun T-Shirts sponsored by New Balance. They were welcomed to the event at the Whitby Leisure Centre by Dart the very friendly mascot and coaches from New balance. Students took part in games and were educated on healthy eating and life style where some lucky winners took home New Balance goodie bags and everyone got to learn a new dance. School then took part in two coaching sessions which kept students active and on the turf.



move for over an hour. Activities were focused around Football and Athletics and students worked individually and together to develop basic fundamental skills and ball skills. It was great to see so much energy and smiling faces from all the children. It was great to secure such a high profile

event for the town, we hope to establish this as an annual event.



Clubs

The offer of support is always there to schools looking for assistance with Sport and Physical Education in their school. We recognise the importance of extra curricular provision and value the benefit of after school clubs.



In December we offered 'hockey club' to school for a number of weeks. We had a small loyal group who attended despite difficult conditions on the CCW astro

Sainsburys School Sports Marks



Looking ahead

We are currently working on a programme of CPD sessions to address the areas identified from entry sheets. Top of the list is dance and gymnastics with schools looking to get staff qualified in swimming. We will release a number of dates as we secure facilities.

Rob Watson Sports Leaders UK is keen to support any school looking to deliver the primary Play Maker award. HE is willing to visit schools individually or run a central session for anyone interested.

Competition Calendar for the Spring Term is out, please return if you have not already.

Please follow us on twitter to see up and coming events and highlights from events –Mr Hopper@PE_CCW or [MissKeogh_CCWPE](#)

Get in touch if you want any additional assistance/help from Mr Hopper or Mrs Keogh

Up and Coming Events

Key Steps Gymnastics (2 & 3) – 20th January

Key Steps Gymnastics (1) – 21st January

Basketball – 28th January

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Term 2

Key Steps 2 gym

We kicked off the annual Key Step gymnastics competition held at Eskdale School in January. Sports leaders from both secondary schools work confidently together to coach and judge students on a variety of activities, which included a floor routine, a series of Vaults and working on their core strength with a Body Management Routine. It was brilliant to see 15 teams enter from 8 different schools all participating in gymnastics. There was some excellent talent displayed on the day on all pieces of equipment. On the day though Stakesby stole the show winning with 110.9 points. East Whitby were not far behind with 109.3 points and in 3rd place was Fylingdales A Team with 107.2 points.

produced a polished and very talented team and were winners on the day with 111.3 points. Sleights had a successful afternoon also with both their B and A teams coming in 2nd and 3rd place with just 0.3 between each team's final scores

Key Steps 1 gym

Our Key Steps 1 competition showed the best interest yet. This meant we had to host the competition over two venues at Eskdale School. With over 110 students representing 9 different local primary

schools were split over the two venues. Sports leaders took on the challenge to help coach all these young gymnasts and get them ready to perform on all 3 disciplines once again. All gymnasts showed great team work, determination and enthusiasm to learning and developing new skills. Egton B team stole the top spot with 110.4 points, followed by West Cliff with 108.5 points and closely behind by East Whitby with 108 points. Egton B team will now go forward to the School Games round to represent Whitby and Ryedale.



Key Steps 3 gym

Key Steps 3 followed the same format as Key steps 2 seeing all gymnastics perform on all three disciplines. However the moves and skills were stepped up a notch for these year 5/6 students. Students participated on each discipline twice,

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once to practice their skills and secondly to perform and be judged, so their points could contribute towards their teams final score. On the day all teams took part in learning new roll techniques, as well as students learning a special routine put together by two of CCW sports leaders which taught students dance, gymnastics, Cheerleading and performance skills. It was amazing to see 17 teams all participating and smiling away representing 9 different schools.

5/6 Basketball

Basketball was once again separated in to a small and large schools competition hosted at CCW and Eskdale on the same evening. Each team participated in a sort coaching session before a series of games to decide the overall winners of the groups. Rapid progress was made with all school in the short time available, demonstrating how quickly new skills can be learnt.

Stakesby came out on top for the large schools with Lythe dominating the small schools event.

Swimming Gala

The Whitby Primary Swimming Gala was well supported again this year with a bumper crowd supporting the swimmers. Thank you to Mrs Hansell for organising the event again this year with support of the CCW Leaders.

3/4 multi skills

Yr 3/4 multi skills were put to the test at Eskdale with a series of games and activities planned entirely by Sports Leaders. The creativity of the leaders to develop exciting activities makes the event even more attractive to the young children. All events were arranged for one afternoon utilising the hall and gym to best use.

5/6 Hockey Coaching

In preparation for the quick sticks festival CCW sports leaders were tasked with planning an afternoon of hockey coaching. With growing interest of the back of last years sessions we received entry from 10 schools. For many children this may have been their first experience of hockey which we hope will promote future participation.



Quick sticks Hockey

The first scheduled event for Quick Sticks Hockey had to be postponed due to heavy rain and astro turf which turned in to a swimming pool. For the revised date entries were still strong with teams competing in 4-a-side games in smaller pitches. Using a larger ball enables games to



be exciting with lots of goals scores in end to end action.

The attacking flare of Lythe helped them to take 1st place closely followed by Airy Hill and Ruswarp respectively. The SSP has been moved to June 21st @ CCW astro.



Sports relief 2016

Sport Relief– Sleights arranged a fantastic charity event themed around healthy eating and sport. Children made contributions to take part in a range of activities and enjoy smoothies, kindly donated by Sainsbury's. The smoothie bar when down a storm and heled to raise funds for a worthy cause.



Sports relief mile– Sunday 20th March

CCW once again played host to the Whitby Mile to coincide with a huge weekend of national Sport relief activities. Over 100 local people and families turned out in force to challenge themselves across 1, 3 and 6 mile routes.



CPD Hockey–

As part of the package of support Hockey CPD was requested and delivered for an afternoon session. Suitable activities were covered for fundamental skills with schemes of work and lesson plans provided.

Dance

Elizabeth McMahon delivered a comprehensive afternoon of dance with resources for KS 1+2 and a range of inspiring ideas for all. The course was well attended with fun practical dance and music to take away.



Gymnastics

For many gymnastics is an area that we lack confidence so may not teach as wide a range of skills in lessons to meet the NC requirements. Staff who attended the session were guided through a range of floor, balance and vault practises suitable for primary PE lessons. The session helped improve awareness and provide an increased confidence in how to challenge our children. Often equipment is not fully utilised, if you would like further guidance please let us know and we can come to your school and help you out.

Get in touch if you want any additional assistance/help from Mr Hopper or Mrs Keogh

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Primary PE and School Sport Update

Term 3

QuadKids Pre-Start Year 1 +2



Unfortunately the weather let us down on our first attempt of hosting this event which meant participation numbers dropped from 112 down to 76 students.

This included eight different Primary schools from within our area. Students participated in a number of athletics based activities and every student managed to complete them all even the dreaded by most 300m run, with some great support and encouragement from CCW's Sports Leaders. The afternoon was ram packed with activities which were both competitive which points contributed towards the final result. In addition students took part in other fun activities to keep them occupied through the afternoon including relay training, Hurdle assault course and fun Sport day races. By the end of the afternoon St Hedda's came out on top with a whopping 1,089 points. Airy Hill took second place with 1,012 points and third was Danby with 951 points.



QuadKids Start Year 3 + 4-

QuadKids Start for Year 3 and 4 students showed our largest turn out of all three events with 106 students attending. The day took a different format than originally planned due to poor weather. However all students still completed the 400m run with lots of determination and team work on display. The event was spread over three venues at Caedmon College's Scoresby site. Students spent over two hours working as a team and with Sports Leaders to motivate each other to throw and jump further as well as jog and sprint faster. It was a great effort and display by all but when 3:00pm hit the victors out of the ten schools who participated was St Hedda's with 957 Points, second just behind the winners were Danby with 948 Points and in third was East Whitby with 860 points.



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QuadKids Primary Year 5 + 6

The third and final of the Quadkids events took place on the 20th of April 2016. With 90 students attending the afternoon at Caedmon College. The sun



was out in force today and all students worked up a sweat during their 600m run. Team work was on point during the teams relay activity where communication and encouragement was vital to ensure their team got the quickest time on the board. The warm weather certainly put a spring in some students step when taking part in the standing long jump and hurdle activities. Top of the podium went too Airy Hill by the end of the afternoon with 1,117 points, second was Danby 1,065 points and third place was West Cliff with 1,022 point.



Year 3 / 4 Primary Tennis

The sun was shining on Wednesday 11th of May at Caedmon College when eight schools attended bring 4 seeds each

made up of two girls and two boys. Students enjoy an imaginative warm up led by CCW's

Sports Leader's team captains and then took part in same basic skills coaching with the Sports Leaders.

Then the competition begin on our specially designed courts for the day. The tournament took a round robin tournament with four different leagues running at once for each seed. There was some amazing talent on display and our Leaders were very surprised at some of the skill levels. Ten games were played over the afternoon totally over 60





minutes of tennis. Students had chance to get some sneaky practice in, in

small groups whenever they were on a rest. Great Sportsmanship was shown by all with handshakes and smiles at the end of all games.

Airy Hill took the tops sports with a team effort of 126 Points, in silver position was West Cliff with 109 points and narrowly behind was Danby taking Bronze will 108 Points.

Year 3 / 4 Cricket



Mulgrave sports kindly offered to host Year 3/4 Cricket this year at their excellent facilities. Schools competed for



representation at the Drax Cup finals. Eleven schools competed in both Large and small school groups throughout the day. The overall standard of cricket was high which reflects the current status of cricket in the areas with lots of families involved in village cricket which inspires our younger players, the future looks bright.

Year 5/6 Cricket

Whitby Cricket Club continue to play an active part in Junior cricket in the area and are always keen to host the year 5/6 cricket competition. This year saw 11 teams enter the all-day event with competition spread across 'small' and 'large schools groups. Following the initial date being postponed it was hoped for dryer weather for the second date but rain unfortunately help play for a much needed lunch break followed by an afternoon of competitive cricket for all. In the small group Lealholm dominated to take 1st place followed by Oakridge 2nd and Seton 3rd. Large schools were topped by Stakesby in 1st, Airy Hill 2nd and Lythe 3rd.



Straws Cup

Eight schools entered this year's straws cup football, for the initial rounds each team was guaranteed four group games.

Winners progressed to the Straws cup whilst runners up were selected for the Barclays Shield.

Rounds were played at

CCW astro up to semi-final level where

finalists progressed to a fixture on grass. This year's finalists were East Whitby and Lythe who played out a tough game with East Whitby narrowly winning 1-0.



Airy Hill came out on top in the Barclays Shield with victory over a Glaisdale and Castleton combined team. Both teams worked extremely hard in the early rounds, deserved of a place in the final.



Three goals from a determined Airy Hill team with a late reply from Glaisdale ended the game 3-1.

Primary Tri-Golf

For our Primary Tri-Golf event we aimed for mass participation and that is what we got.

With around 180 Primary school students from year 3 and 4 from a number of school is the Whitby area.

The event saw us joined by Whitby golf club member to help support and coach alongside our Sports Leaders.

The weather was excellent for an afternoon of goal and students took part in a variety of target practice activities along with chipping and putting the ball over variety of obstacles and distances. For many this was a first experience of golf but saw many keen to participate more regularly. It was great to see such vast participation for this event.



Year 5/6 Athletics

In an Olympic year it was only right for Whitby to host our very own Rio Olympics where primary schools

were able to provide a real sceptical of colour and energy. Each school was



javelin, high jump and long jump were performed alongside target throws and jingle jangle. Promoting the Olympic values of Excellence, Friendship, Respect, Inspiration, Equality, Determination and Courage were central to the events ethos where sports leaders delivered activities.

As we all look forward to this summer's Rio Olympics hopefully some of our young people are inspired to lead an active lifestyle.

Primary Rounders

Primary Rounder saw an excellent turn out and support from parents. With eight school competing within two leagues over four pitches it was an action packed afternoon. We saw some outstanding performances from breath taking catches to batting for miles or superb tactics it was all on display. Our Sports Leaders were kept on their toes with some tough decisions to make as the completion was so tight. Staff manged to keep their cool and there was excellent sportsmanship all round. By the end of the afternoon East Whitby came out on top in league one and Ruswarp came out on top in league two. Once the competition was over this left time for some more fun and games which included participation from parents, CCW's Sports Leaders as well as mixed teams from our participation Primary schools.



allocated a country to represent to parade at the opening ceremony with banners and flags. Some children embraced the event by dressing in costumes which represented their nationality.



Every child had the opportunity to participate in a wide range of activities based around the promotion of being

active whilst tasting a flavour of what it feels like to be an Olympian. The traditional track,

Primary Orienteering

This event gave us the opportunity to give students a variety of activities as a result of how popular this event was. Students were encouraged to



work in a pair as a team to be able to complete a very demanding course. There was not just physical demands but also mentally challenged



students in regards to the map reading skills required. Students were timed from the word go to complete the course but also between each check point. We were join Cleveland Orienteering club who kindly set up the course and provided the equipment this helped things run smoothly and



provided each pair and team with excellent data at the end of the afternoon. By 3pm the results were in and Ruswarp

claimed 1st place with the fastest team of best 4 finishers and overall fastest pair.

Hit the Surf

The RNLI continue to support Hit the Surf programme throughout the UK to provide a unique experience of lifesaving combine with sea safety. School interest was high in Whitby this year with all allocated slots being taken throughout a two week schedule. Half day sessions were delivered by trained RNLI lifeguards, on hand to offer advice and practical surfing tips.



Year 5/6 Primary Tennis

This event was very popular with 16 teams entered from 8 different schools. Students participated in teams of four ranked in two doubles pairs seeds one and seeds two. Students competed in two different leagues to facilitate all of our fixtures. While teams waited to play tennis they enjoyed the sunshine and mixing with other students from other schools participating in Football and Rounder activities. Each Seeds played seven games in a round robin format tournament. Student displayed some outstanding skills and team work. Seton's recent coaching by a local coach shone through and they came through to win the competition with Seeds two taking 1st place with 60 points and seeds one came in 2nd place with 56 points. Goathland's seeds two and West Cliffs seeds one came in joint 3rd place with 55 points. Overall team's scores are as follows- 1st Seton 'A'- 116 Points, 2nd West Cliff- 108 Points, 3rd Goathland- 103 Points

Sports Days- Stakesby, Airy Hill and West Cliff

Sports leaders have played a significant role in the success of primary sport once again this year for both in house events and supporting primary schools direct. In recent weeks teams of Sports Leaders have supported Stakesby, West Cliff and Airy Hill in



the delivery of their Sports Days, helping to ensure

the optimal level of provision for our young children is maintained. Any school requiring additional support should contact CCW and we will endeavour to assist.

Gym Club

Caedmon College Whitby's Tuesday night gymnastics club has excellent attendance, this term this was improved further by having students from Airy Hill Primary school join us. It was really great to see our local up and coming talent and give students the opportunity to use a variety of equipment to further their skills in different disciplines. CCW's also got the opportunity to work alongside their younger peers and help coach and support them. Many Thanks to Eve Locker from Airy Hill for bring your students over, we look forward to working with you further in the future. If there is a club you feel you are unable to provide at your primary school or you your self would like to bring a group of students along to our gym club, please feel free to contact Sara, Jo or Shaun to put some arrangements in place.



CPD

ASA Aquatic skills-

Day two of the ASA Primary Swimming follow on course was delivered to primary staff to meet requirements of the 'Aquatic Skills' unit. Candidates were expected to have planned sessions and deliver practically to demonstrate understanding of strokes and fundamental skills. The course was a huge success providing the necessary detail and confidence for candidates to apply in future lessons. If this is something you are interested in for the future then please let us know.

Looking ahead

Competition Calendar for the Autumn term is out, please return if you have not already.

Please follow us on twitter to see up and coming events and highlights from events – Mrs Raw @ccw_PE, Mr Hopper @PE_CCW or @MissKeogh_CCWPE

